

Personal Diabetes Care Record

Tus muaj mob lub npe

Kws kho mob ntshav qabzib xov tooj

Tshuaj noj:

Tshuaj noj phiv:

Essential Diabetes Mellitus Care Guidelines

Nyob rau hauv qab daim ntawv no yuav qhia txog cov lus tseem ceeb hais txog ntshav qabzib thiab kev yuav tu yus tus kheej. Nrog koj tus kws kho mob tham txog cov teeb meem no thiab siv daim ntawv no sau tseg koj tej hau kev yuav tu koj thiab tej kev ntsuan xyuas tus mob (test result). Yog koj siv tshuaj txhaj (insulin), ib qhov zoo rau koj yuav tau mus ntsib koj tus kws kho mob peb lub hlis twg ib zaug. Yog koj tsis siv tshuaj txhaj (insulin) ib qhov zoo rau koj mas yog yuav tau mus ntsib koj tus kws kho mob li 3-6 hli twg ib zaug.

Kev kho ntshav qabzib mas yuav yog muaj kev koom tes ntawm yus tu kheej thiab pab neeg kho mob ntshav qabzib xws li: Yog tus kws kho mob, tus qhia txog ntshav qabzib (diabetes educator), tus pab kws kho mob (nurse), tus qhia txog kev noj haus, tus kws muab tshuaj thiab lwm tus kws. Koj yog tus muaj mob, yuav yog ib tug tseem ceeb tshaj ntawm pawg ua hais los saum no.

Nco tsoov tias: Ntshav qabqib yob ib yam mob nyhav tab si kuj yog ib yam kho tau thiab. Pab ceev kho koj tus mob ntshav qabzib.

Sim (pes tsawg zaus)	kuv li pom phiaj	Hnub sim / Tshwm li cas			
Xyuas koj daim ntawv sau koj cov ntshav qabqib txhua zaus					
Kuaj ntshav HbA1c (3-6 hli ib zaug)					
Microalbuminuria Ib xyoo kuaj ib zaug					
Cholesterol / HDL / LDL Ib xyoo kuaj ib zaug					
Triglycerides Ib xyoo kuaj ib zaug					
Ntsuas ntshav ntawd txhais caj npab txhua zaus					
Luj txhua zaus ntsib kws kho mob					
Kuaj qhovmuag ib xyoo ib zaug					
Kuaj ko taw txhua zaus ntsib kws kho mob					
Txhaj tshuaj tiv thiav khaub thusa txhua xyoo					
Txhaj tshuaj tiv thiav khaub thusa mob ntsws ua dej (ib zaug xwb)					

nrog koj tus kws kho mob sib tham saib yuav ua li cas thiaj li yuav pab tau tus mob ntshav qabzib txog tej ntsiab lus nram no:

 • kev noj haus • ntshav qabzib qis • kev paub ua ntej npaj xeeb tub
 • kev nyom tes taw • ntshav qabzib siab _____ • thaum xeeb tub lawv yuav
 ua li cas • kev noj tshuaj • twv lwm yam teeb meem • thaum
 muaj mob ne yuav ua li cas • kev qhia txoj txiav luam yeeb • tswj kom tsis txhob
 nyhav heev • teeb meem ntawm yus tus kheej

HbA1c = kuaj ntshav qabzib saib nyob li cas 2-3 lub hlis twg;
Microalbuminuria = Kuaj lub raum; Cholesterol / Triglycerides / HDL / LDL = Kuaj ntshav muaj roj

Diabetes Control is Prevention

Ib qho kev kawm txog tus mob ntshav qabzib hu ua (DCCT) xaus rau xyoo 1993, tau pom tias kev ceev kom cov ntshav qabzib kom nyob raws li yuav tsum muaj xwb yuav pab ceev kom tej mob txhob huam mus rau lub qhov muag, lub raum, thiab tej leeg uas yog muaj nrog tus mob ntshav qabzib kom tshaws zuj zus. Kev ceev kom cov ntshav qabzib yuav pab daws tej mob kom tsawg.

76% mob qhov muag

50% mob raum

60% leeg tsi muaj zog

35% mob plawv

Koj yuav tsum tswj koj cov ntshav qabzib.

Ntshav qabzib yog ib yam uas feem coob yuav tau tu yus tus kheej. Txhua tus neeg muaj ntshav qabzib yuav tau kawm los nrhiav kev yuav ua li cas thiaj pab tau kho yus tus kheej

Yog xav paub ntxiv txog diabetes, hu rau

1-800-DIABETES

Daim ntawv ceev tseg kev tu kho tus mob ntshav qabzib no yog yam tseem ceeb rau feem kho mob ntshav qabzib tej cai muaj tseg ua tsim muaj los ntawm tsoom pab tswv yim rau feem kho mob ntshav qabzib hauv Wisconsin (Wisconsin Diabetes Advisory Group) nrog rau lub kom haum kho mob ntshav qabzib American Diabetes Association nyob rau lub xeev Wisconsin no